

INVENTORY:

The Better Good stocks sustainable back to school supplies **P. 10**

CITY FACES:

Upgrading led to unexpected university experience **P. 14**

SHARP EATS:

Lunchtime favourites get a healthy makeover **P. 26**

WEDNESDAY, AUGUST 26, 2013

A STARPHOENIX COMMUNITY NEWSPAPER

CLASS ACTION

IT'S A WHOLE NEW WORLD
FOR UNIVERSITY STUDENT
KAYLA PENTELIUK
AND KINDERGARTEN STUDENT
NIXON LANIGAN **P. 4**



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ON THE COVER PG. 4



Neen Logan is looking forward to his first day of kindergarten this fall. BRIDGES PHOTO BY MICHELLE BERG

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CITY FACES PG. 14



While undergoing at Nutana Collegiate, Aron Scarrin was encouraged to attend the University of Saskatchewan. After a successful first year, he's applying to law school. BRIDGES PHOTO BY MICHELLE BERG

BRIDGES COVER PHOTO BY MICHELLE BERG

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ON THE COVER

Don't be afraid in your last year. Really step out of your shell — *Kayla Penteluk*

#BACK TO SCHOOL

Two students ready for new experiences

By Angelina Irimici
and Jenn Sharp

As summer ends, back-to-school begins. It's a season of change and a season of firsts, from kindergarten to the first year of university.

M.S. Mason Lavigne already loves learning. At home, he works on his readingly sounding and new words and when it comes to learning math with his older sister, he's "in there like a dirty shirt," says his mom. Similarly, Mason goes into kindergarten this fall.

"I think he'll love having the structure of learning. I think he'll like science," she says. He's into things like volcanoes and rocks.

Right now, his favorite thing is bugs, of which he doesn't count his Skylanders toys.

"Mason isn't very scary," he says as he looks in the grass for bugs. He says he wants to be a beekeeper when he grows up.

As he talks about his Skylanders toys and playing Lego, Nixon explains that he's already been wearing his new black backpack that he got for the first day of school.

Nixon is enrolled in the morning kindergarten session at Prince Philip School in San Antonio.

"I think I'm just a bit sad to see that he's growing up, but at the same time I'm excited for him to start learning how to read and do math," says Sheldy. "I look forward to him growing and having a general love of learning."

A love of learning is what motivated Kayla Penteluk to enroll in the college of Arts and Sciences at the University of Saskatchewan this fall, after graduating from kindergarten's Ryan Hardy Collegiate in June.

Penteluk, who enjoys writing and reading, has always been on a creative side. She decided not to take any time off after high school because she wants to take advantage of the study hall in her classroom.

"Ever since I was little, I wanted to go to the U of S," says the 11-year-old. "There's never been a doubt in my mind that I wouldn't go to university."

Enrolled in a light summer dress and with her very loose hair falling around her shoulders, she's confident and ready for the next phase of life. She just finished a ride of playing for all five-year university students during the holidays.

"I went to with the back hat and it was so



Kayla Penteluk and Mason Lavigne are both preparing for a new phase in life as the school year approaches. (PHOTOS BY MICHELLE REES)

exciting to just put everything — it was like Christmas."

For kindergarten doesn't stop there. For many university is about much more than getting the chance needed for a degree. It's about reaching out into a new world and leaving the memories of high school behind. It can be a world where anything is possible and the opportunities are endless.

"I feel like the people that I meet and the experiences that I have will define me. There's so many people that don't know each other in their first year and I'm just one of them."

Kayla likes journalism but she hasn't decided on a career. For now, she wants to earn a degree and is looking forward to all her classes, especially Women's and Gender Studies.

"I'm going to experiment and sleep around. (No one said I like Penteluk) has always really interested me. It will be suitable for who I am."

The last year of high school can be tedious. You're happy to be done but you'll never have an experience quite like it again. Everyone knows it's the end of an era and an exclusive future awaits. Penteluk says Grade 12 was the best year of her entire school experience.

"You know it's your last year and you get to know everyone so much better."

Her advice for anyone going into their last year of high school:

"Get really involved. It's so much fun because you're graduating with all of these peo-

ple, why not get to know them better?"

"Don't be afraid in your last year. Really step out of your shell and your comfort zone. It's your last year — there's nothing to lose."

Kayla worked on Ryan Hardy's College grad function and penteluk, like she helped found the school's first gay straight alliance (GSA) and social justice league in Grade 11. She's good at connecting with people.

She admits she's nervous to the first day gets closer but she's also excited to meet new people and to learn.

"People are telling me about how you walk into this lecture hall and there are 149 other people that are in the same position as you. It's cool because I get to meet all these people and each person has a story."

CLASS OF 2013



Nixon Lanigan

Age 4 Kindergarten
Prince Philip School, Saskatoon

FAVOURITE SUBJECT: His mom thinks he likes science.

ACTIVITIES: Biking and soccer. He'll be starting hockey in the winter.

BEST MEMORY FROM SCHOOL: "We got to paint with our fingers. My fingers and whole hand was dirty."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? They'll teach me to count to 100. "He also is excited to play at the sand table in the classroom."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "A scientist." "He's very into animals and bugs. His favourite thing is insects."



Kian Tyson

Age 6 Grade 1
Saskatoon French School, Saskatoon

FAVOURITE SUBJECT: "All of them! Especially games."

ACTIVITIES: Basketball, soccer and volleyball in gym class.

BEST MEMORY FROM LAST YEAR: "Played during recess. We played games and it was fun." His favourite word he learned in French is for ice cream, which is *glace*.

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Probably to see my friends. I haven't seen in a long time."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "A policeman. But I'd have to be a fast runner because they catch bad guys and sometimes they could put up one of my hands. Or a hunter."



Jonah Cruickshank

Age 9 Grade 4
Ecole Wilfrid Malar, Régina

FAVOURITE SUBJECT: Math, drama and gym.

ACTIVITIES: Piano lessons, football video games and reading the Chronicles of Narnia.

BEST MEMORY FROM LAST YEAR: "The recesses because I have a lot of friends at school so we play a lot of games. We usually create our own games but sometimes we play *Go* and *Uno*."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I was sort of thinking of working with movies and stuff but to be a director can be like acting and stuff."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Probably to see my friends again."



Amira Taylor

Age 8 Grade 3
John Leake School, Saskatoon

FAVOURITE SUBJECT: Gym because I like to exercise a lot and there are fun games to play while I also learn a little science a lot too.

ACTIVITIES: Dance and piano lessons.

BEST MEMORY FROM LAST YEAR: "We had a trip to China and we also did puppet plays."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm going to have some other friends there that I'll know." [She is switching to a new school.]

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I think one a lot of things I want to be and some that I need to be. It's not so much things I know I'm going to be just some things I've been experimenting with. Like science experiments and fashion design."



Nico Butel-Marchildon

Age 10 Grade 5
Ecole Monseigneur de Laflamme, Regina

FAVOURITE SUBJECT: Physics.

ACTIVITIES: Soccer, drawing and reading manga and comic books.

BEST MEMORY FROM LAST YEAR: "I did a drawing. It was the first time I went to a drawing in my whole life."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I kind of want to be an artist that just draws and stuff and a person that makes video games because I'm really into video games."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Going to be doing school. I'm kind of excited to get a new teacher."

Nohl Gustafson

Age 7 Grade 2
Waldwood School, Saskatoon

FAVOURITE SUBJECT: "Reading because when I know how to read I can read books that my brother reads."

ACTIVITIES: Swimming.

BEST MEMORY FROM LAST YEAR: "French, recess, science lessons and learning how to read."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Which new teacher I'm going to get and I see some new things."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "It keeps changing but right now I sort of think a policeman. The police in Britain are guards and the bad guys break into stuff and the police always come. A policeman. Too Oh, I wanted to be a nerd. A sea computer guy. Then I changed my mind."

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CLASS OF 2013



Ashantay McKenzie-Missens
Age: 10, Grade 5
Mather Senior Middle School, Regina

FAVOURITE SUBJECT: Math "I'm a whiz at math subject and I like challenging myself."

ACTIVITIES: Basketball "I've been the Finesticks, went underlined the plans on my school team this year."

BEST MEMORY FROM LAST YEAR: "When we went to the stadium. We learned about First Nations culture and made some crafts and it was very fun."
WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I don't know."
WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Looking forward to all the new activities." "Open... In Grade 6 you get to go a lot more activities. I would go football, girls' soccer tag team I think."

Molly Hall-Cunningham

Age: 13, Grade 8
Mather-McKenzie School, Regina

FAVOURITE SUBJECT: Math, gym, arts and
ACTIVITIES: Volleyball and band last year, basketball and time at the family cabin.

BEST MEMORY FROM LAST YEAR: "It was neat to be considered to be one of the biggest kids in school. And I was in a Grade 8 trip!"
DESCRIBE YOURSELF: "I like to talk to the teachers and that kind of thing. I think I'm pretty helpful and fun."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "A veterinarian."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I think I'll get to play volleyball again. And I want to take science again and see if I can get into it more. I've never really been a big fan of science."



Hannah Klassen
Age: 12, Grade 7
Centennial School, Regina

FAVOURITE SUBJECT: English "Because she loves to read."

ACTIVITIES: Basketball, Redheads, violin, French team. She got a unique for Christmas and can play. Her goal is to do both simultaneously.

BEST MEMORY FROM LAST YEAR: "We went on a three-day field trip at the middle of the year. (Do winter camp.) It was lots of fun!"

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I always say astronaut because that's a dream of mine, but I think being a teacher would be lots of fun. I get to be around kids I love and I get to help them achieve new experiences."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm really excited to see all of my friends and to meet my new teacher."



Deklen Wolbaum
Age: 13, Grade 8
Winston Knoll Collegiate, Regina

FAVOURITE SUBJECT: Social studies, science and history — "That's what I am most into. I like all things."

ACTIVITIES: Badminton and track, in the summer fishing and boating.

BEST MEMORY FROM LAST YEAR: "We did lots of different experiments in chemistry. We did lots of chemical reactions and stuff. I remember our teacher telling us not to touch it."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "An endocrinologist or gastroenterologist. I know I have to get good grades because I want to go to university and I hope I get into a good one."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm in a bit nervous. It's a new place. I go to Winston Knoll already for band so I've been there lots."



Kennedy Hanwell
Age: 15, Grade 10
Mater High School, Regina

FAVOURITE SUBJECT: English, **ACTIVITIES:** Reading, hanging out with friends.

BEST MEMORY FROM LAST YEAR: "I like to break between classes and (the) cafeteria. The best thing was FNA, it was six weeks of classes like cartoonology, cooking and interior design."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "A photographer maybe. I'd like to maybe be a writer but I think it's pretty hard to make any money at it. There are only a few jobs like that."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm thinking about taking photography and maybe commercial design. I think it would be cool to learn about taking pictures and playing with professional cameras."



Dillon Cheveldae

Age: 15, Grade 11
Mater M. Graham Collegiate, Saskatoon

FAVOURITE SUBJECT: English
ACTIVITIES: Volleyball, badminton, band (jazz), SAC and school music.

BEST MEMORY FROM SCHOOL: Trips to Edmonton with the band. "Hanging out on the bus is really a good time."

DESCRIBE YOURSELF: "Creative, opinionated and friendly."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I have no idea. I've thought about journalism because I like to write so much."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Just knowing it's the end of my high school career and the start of something new."

CLASS OF 2013

Kristian Kaufmann

Age 17
Grade 12
St. Joseph High School
Saskatoon

ACTIVITIES: Soccer and basketball
FAVOURITE SUBJECT: History
BEST HIGH SCHOOL

MEMORY: "It was cool at the start because it was so different from elementary and there was so many opportunities."

DESCRIBE YOURSELF: "Nice guy, fairly outgoing athlete."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "Being an electrician is sort of what I had in mind. I probably take a year off then go to SJAST or maybe university."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "You're able to choose things for yourself and you have so many options — like if you want to go to class or not, what classes you want to take and what you can take."



Kayla Penteliuk

Age 19
First year Arts and Science
University of Saskatchewan
Graduated from Dean Henry Collegiate in Saskatoon in June

FAVOURITE SUBJECT: English
ACTIVITIES: Even though I am a shy person, I am a competitive swimmer and helped found the school's gay straight alliance (GSA) and social justice leader.

BEST HIGH SCHOOL

MEMORY: "The October 1st Coffeehouse and Snowdays."

rightly. I was in Grade 9 the first time I played music at Coffeehouse, and I can remember feeling absolutely amazed at how supportive everyone was as I walked onstage to perform. These experiences helped me grow not only as a musician, but as a person."

DESCRIBE YOURSELF: "I am a bright, compassionate and kind person who is happiest when someone is playing a lot or being."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? Undecided but leaning towards a journalist.

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? To meet new people and to learn."



FIVE THINGS I WISH I KNEW BEFORE UNIVERSITY

1. Take advantage of all the once-in-a-lifetime opportunities that student life offers to learn, travel and meet people.
2. When you're at a party go home at midnight, as often as you can. With the same exception: watching your time (wake up after midnight). It's a whole mood that things happen. And energy drinks are not a healthy way to get through the day. Try a good night's sleep and exercise.
3. Try to avoid the urge to skip class and go to the Owl or Louie. You paid to be here, right?
4. Don't waste an entire day on the dog or cat. Exams are not the same as new stories.
5. Everything takes longer than expected. When the first class meeting for an essay is a video or walking to class. Things come up (the book of the library or how your technology fails you or you get lost). You need a lot of extra time or else you end up frustrated and unable to produce your best work.



THE FIVE BEST RECESS ACTIVITIES

1. Skip rope
2. Swing on the monkey bars
3. Ultimate (play) fighting
4. Chess
5. Anything involving a ball (Football, Dodgeball, soccer)



INVENTORY

We want to hear from you! Tell us about your local business.
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At Beaver Creek Conservation Area

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Dear Chip,

What's the smallest mammal at Beaver Creek?
Michael



Dear Michael,

Thanks for such a great question! Some of the most interesting animals on the planet are the tiny ones that nobody notices because they are so small. We happen to have one of the smallest mammals in the world right here at Beaver Creek Conservation Area. It is called the American Pygmy Shrew. They are creature looks a lot like a mouse but has a slender body, a thin tail, and a tubular snout. Pygmy Shrews only weigh about as much as a dime and are the smallest mammals in North America, (and even in the world). Yet for their size they are fierce predators that will take on prey much bigger than themselves. Pygmy Shrews mostly eat insects, mice, and other small animals. Because shrews are such fast-moving nocturnal animals, they use up a lot of energy and must eat day and night in order to stay alive. In fact, a shrew has to eat its own weight in food every day! That might not seem like a lot of food since the Pygmy Shrew only weighs about 2.5 grams, but if you think of it in human terms, a 40 kilogram child would have to eat 40 kilograms of food every day to keep up with a Pygmy Shrew!

Send your questions to me at the address below, then watch Bridges for the answers.

Your pal Chip

Phoebe Little Redbird House

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* SASKATCHEWAN STYLE

Looking good for back to school

It's a long-standing tradition for many kids and parents — going back to school shopping to find the perfect outfit for the first day of the new year. Bridges talked to Riley Faber and his mom Rea Harbus about his stylish new threads for the school year. *By Ashley Martin*

Riley Faber

"He had his way. Riley wouldn't be wearing such a cute outfit on the first day of Grade 2."

"Sweats and a T-shirt. I'd wear my ones that say 'baseball' on them," said the seven-year-old. One big change for the new year is his sneakers, which have laces in them.

"We're working hard to learn to tie our laces this year," said mom Rea Harbus, a fashion designer.

But for Riley, his Swiss Army backpack and waterbottle are the most exciting part of this outfit.

1. **SHIRT** Gap

2. **TIE** The Children's Place
"She gave me the choice of two different ties. I knew I would want this one."

3. **MINISTER WEIGHT WALLIST** Jamarah
Designer Isabella Harbus "I named him Bob."

4. **BACKPACK** Groceries "I like it because it has so many pockets. My mom said it has to last two years."

5. **WATER BOTTLE** Superhero "I can't believe I actually get to bring two water bottles around school. It has cool designs on the sides."

6. **PANTS** Gap

7. **SHOES** Gap



NEXT WEEK: What would you do if your child is bullied at school? Email bridges@thestarphoenix.com

PARENT TO PARENT

Each week Bridges, in connection with SaskatoonMoms.com, gathers advice from parents to share with other moms and dads. This week we asked

What is your most memorable moment from when you were in school?

"Playing chess every chance we got, especially after being so fat chess dummer! It was fun because they banned chess because it was disruptive. We were made fun of and harassed by other students so there was always a connection where we played it instead of cackling down on the outside-makers. They just banned chess from public areas. We tried to play in the library but that was only for reading and studying. We had to be good students but there were only so we could for group study in the end they couldn't stop us. We haven't to play blind chess (eye-blinded) and played on we walked the halls!" — *Ann Porter*

"My brother riding his horse with school and the teachers chasing him!" — *Darlene Davidson*

"The day I got bigger than my sister so she stopped beating me up." — *Adam Greene*

"In Grade 8 my desk was at the front of the classroom and when I was returning from around the washroom I thought I would be smart and came over the chair without using my hands on the desk. My feet got caught on the chair and I fell flat on my face on the other side of the desk. I was humiliated to say the least."

— *Shelly Lambert*

"Bus ride to school. I had to be away from the school so I had to be sure to chat with friends." — *via Twitter @Gabeysynobian*

"The year my brother told me the fathers would build a huge statue of him and me. While it was almost enough so we could get close, we had a soft spot. I went to a one-year country schoolhouse — away from my age here!" — *Sean Gehlen*

"Missing a friend for life." — *Gail Weber*

"Mends down my most memorable moment in high school was at our Grade 12 grad. I was the female athlete of the year scholarship. What makes that moment so special was the cheerleaders then went up. Any of us would have well deserved this honour. It was an amazing self-esteem booster!" — *Alyssa Cornsweil*

"We were into the beauty classroom and staying up a pair of hot pink party pants from the evening."



with care of books weighing down the feet and a single recording of 'Do You Think I'm Sexy?' swinging from the ceiling. The teacher swung into class everyday singing the song and this he would talk about for pink party pants and boots. Only the seniors knew who we were!" — *Jody S.*

"Skiing school!" — *Linda Howard*

"Waiting for school to be done — I was a clock watcher." — *Ann Somase*

"I always loved the new school supplies, some things about first year were good and worse. And still the first year was a school I went to. We made toffee in the snow I loved that." — *Macarena Sella*

"I do remember being really excited for the first day wearing my new clothes and having all those lovely new school supplies." — *Lisa Hiron*

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WATCH FOR IT
AUGUST 29TH

Mosaic

Going into my second year of university and having my sights set on law school, it would have been laughable (years ago) — Joel Seaman

"I never thought that I would go back to school as far as post-secondary was concerned, let alone go back and upgrade high school marks," he says.

He enrolled at Nations College in 2013 to upgrade more classes, but this time in a high school setting. Seaman admits he was nervous to not only be surrounded by younger people he didn't know, but because he didn't know what to expect. Plus, the memories of his previous high school experience weren't very positive.

"When anyone performs poorly at any given task, regardless how much energy was invested, any person questions their aptitude at that given task."

Thankfully he says he was quite surprised with the outcome, he credits the staff for the comfortable and inclusive

environment and consistently being the oldest in the class turned out to be a non-issue. He hadn't really given that second thought. And, while at Nations, his marks had jumped from the mid 50s to the mid 80s.

When Jim Cooper last has profile in *Braden's* favourite teachers every found out that Seaman applied and got accepted into SIAT's power engineering course, he saw a different outcome for his student.

"He said, 'You might have a bit more to offer. It's possible this job will not be enough for you.'"

Seaman remembers of his conversation with Cooper.

"There's an creative outlet in a job like that."

Seaman decided to change his career path and although he says at one time he was "quite concerned" that he wouldn't

succeed as post-secondary education, he applied and got accepted into the University of Saskatchewan's Arts and Science program. He says that he's had a successful first year and is planning on applying to law school after his second year.

Seaman doesn't regret taking time off school and having to upgrade later in his life. One reason is that his commitment of the time was to graduate this year. He says he doesn't think he'd be as successful a student only back then as he is now.

"Going into my second year of university and having my sights set on law school, it would have been laughable years ago."

"Nations afforded me the opportunity to look at myself" and say "OK, you're completely capable. Let's do this."



Joel Seaman's graduation with the VC at Nations College. (Photo: Photo by David J. White)

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IN THE CITY

AUGUST 25, 2013 — 7:43 P.M.

Band together



The North Saskatchewan Wind Orchestra's Torrey Davis performs the Gellert solo on the soprano saxophone during Johan de Meij's *Lord of the Rings* symphony in the University of Saskatchewan's Quince Theatre. Photos: *Photo by Michelle Bink*

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 One of the three elements
- 4 May be prone for sleep
- 6 It may have many jobs
- 12 Tight square
- 14 Pinkie pointer of film
- 15 Keyboard key
- 16 "You seem... but what?"
- 17 Able, according to 16
- 18 ...lect?"
- 19 Pinned as potatoes
- 20 Safe, but not
- 21 Movies
- 22 Celebrate ("husband role")
- 23 Overlooked
- 27 Some arm-weakness
- 28 Basketball requiring little study
- 29 Sick
- 30 Many of early Hollywood
- 33 Seen informally
- 35 Garden spot
- 36 Overlooked
- 40 "I" vehicle
- 41 Ends suddenly
- 42 Impatient's "I'm ..."
- 44 Burrows, n.p.
- 46 Ends suddenly
- 47 Hate

DOWN

- 1 Spike actor
- 3 ... Clapton
- 5 Harry Clark
- 8 Pheromone or drug used in insecticide
- 9 Insurance worker
- 10 Maritime music for boat
- 11 Habits collected
- 12 Cuddling spot
- 13 One of "Numb3rs"
- 14 Not a lot for a good party?
- 17 Dampness spawner
- 18 Soft, dense
- 19 Cuddling spot
- 21 Clean pet, like
- 22 Some close-ups
- 25 "I got a new ..."
- 26 One of the 120
- 27 Actor built
- 28 Love letters
- 29 "Houdini" full of flames
- 30 Ben
- 31 Comic poet
- 32 Get together
- 33 "I got a new ..."
- 34 Little bella
- 35 "Let's go ..."
- 37 One of the
- 38 Picnic with pathos
- 43 Joke to the Greeks
- 45 Snow white, name is an article of clothing when not bedridden
- 46 Star clubbed state with "the"
- 47 Utterly dead
- 48 22-card set
- 49 Dances to music of a musical office
- 50 "You're for broke!" to his brother
- 51 ... to be dead
- 52 One whose motto is "I'm a filthy filthy thing"
- 53 ... to be dead
- 54 ... to be dead
- 55 ... to be dead
- 56 ... to be dead
- 57 ... to be dead
- 58 ... to be dead
- 59 ... to be dead
- 60 ... to be dead

Photo: iStockphoto.com/BlackDot

JANRIC CLASSIC SUDOKU

Level: Gold

Fill in the blank cells with the numbers 1 to 9. Each number can appear only once in each row, column and 3x3 sub-grid. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Beginner (1) to Master (9).

1	2			2				
		3	8		1	7		
				5		8		4
	4		2		6		5	
5		6		4				
		5	6		7	9		
	7			3				
		4						5

Solution to the crossword puzzle will be in the Sudoku cards found on Page 31

Authentic Amish Cooking



Donna's Amish Kitchen

Peanut Butter Pie Dessert

- 1 1/2 C. Flour
- 3 T. Sugar
- 1 Stick Margarine (1/2 C.)
- 6 C. Milk, divided
- 1/2 C. Sugar
- 6 oz. Cool Whip
- 1/2 C. Corn Starch
- 2 1/2 T. Flour, level
- dash Salt
- 1 T. Vanilla or to taste
- 1 1/2 C. Quisley
- Peanut Butter
- 3 C. Powdered Sugar



- Step 1: Preheat the oven to 350°F. In a large bowl, mix the flour, sugar, and margarine. Add the milk and stir until thick. Add the vanilla and salt. In a separate bowl, mix the corn starch and flour. Add the Cool Whip and peanut butter. Spread the mixture over the pie crust. Bake for 30 minutes.
- Step 2: Remove the pie from the oven and let it cool. Sprinkle the powdered sugar over the top. Serve with a dollop of Cool Whip.

Crunchy Potato Balls

- 2 C. May Staff
- Mashed Potatoes
- 1 C. Cheddar or Swiss, or cubed
- 1/2 C. Pepper
- 2-4 T. Flour
- 1/2 C. Corn Starch
- Fries, cooked
- 2 C. Ham, chopped, cooked
- 1/2 C. Mayonnaise
- 1 Egg, beaten
- 1 Prepared Mustard



In a bowl combine potatoes, ham, cheese, mayonnaise, egg, mustard and pepper. Mix well. Add a pinch of salt. Roll into balls. Roll in flour, then in cornstarch. Place on a greased baking sheet and bake at 350°F for 25-30 minutes. Serve hot. May substitute hotdogs or sausage for the ham.

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MY FAVOURITE TEACHER

Ian Cooper: Getting on the students' level

By Angelina Irmaci

I was in my final weeks of high school at Maroon M. Graham Collegiate and feeling anxious and alone about being one of the only seniors applying to a university outside of the province. Ian Cooper or Mr. Cooper as that time approached me in his history class and asked me what was wrong — he could sense I was having a rough day. Cooper generously cared about his students' well-being and has the most earnest and genuine way of showing it.

"I'm going to ask you what your goals are and I'm going to do my best to make sure that I get you the skill set so you can work on it, be successful and stand out," he explained of a questionnaire his students fill out at the beginning of each semester.

Cooper has a way with students, capturing, encouraging and seeing their potential areas to come naturally for him. While most teachers find it disrespectful to talk asleep during class, he looks at it from the student's perspective and appreciates that, as tired as they are, they still attend class.

It seems strange to think there was a time when he wanted to become a lawyer over a teacher. Cooper got accepted into teachers' college and was listed for law school, he planned on teaching for a year before straight up to law, becoming a lawyer, then "retiring" into teaching years later. But, when teaching he had an epiphany while lecturing on the rights of men in violence against women.

"The lecture caused me to shift their attitudes to the point that they sat up and their role had agreed to see a white ribbon," Cooper says of a group of "conservative guys" in a small room in Ontario. "It was that moment when I realized this is what I'm supposed to do. I'm supposed to be a teacher."

Before starting his teaching career, Cooper decided to spend four months in Africa to bring "real" experience into the classroom. "It spent his first six years teaching of the interest



They feel Ian Cooper will be supporting Aboriginal students and helping them improve their graduation rates at Notwest Collegiate. (Special photo by Andrew L. Smith)

Lawrence Park Collegiate in Toronto before spending almost 16 years at Maroon M. Graham in Saskatoon. He transferred to Notwest Collegiate in 2006. "This fall he'll be starting a new role there as the learning leader, where he'll be focusing on supporting First Nations, Inuit and Métis students to help improve their success and graduation rates.

Q How do you use the Africa trip to teach students?

A That there's more outside of the walls of not only the school but the city or town you're in. There are more possibilities. This kind of

underlying message is: Get out of the bubble that you're in. Once you step out of it, then you find out what's important to you and who you are because you're not being influenced by your parents, your friends and that city. You actually discover who you are. Ultimately that's my goal — for you to find out what makes you happy and what drives you.

Q Why do you insist on making up your students' personal and academic lives?

A For me, teaching is all about relationships. I tried to build relationships with students so that

they trust me — not only in that I know my material and my content, but that I'm actually interested in them. Then they'll be honest with me and the only way I can help them is if they're honest. For whatever reason, I can pick up on if some people might not be having a good day. I can help by teaching skills or just listening there to listen. High schools are a weird kind of environment and if a student knows that there's somebody in that building who's there for them and willing to listen it's amazing what that can do for their outlook and ultimately their success.

Q What's your advice for students to make the best out of their high school experience?

A Surround yourself with good people. Find those people that care about you and support you. Don't hang out with people who don't support you because there'll be a lot of those in high school. Find what's there for you — maybe there's a director, maybe there's a role that you want to learn maybe it's the extra-curricular. Recognize that high school doesn't define who you are and how well you do in high school doesn't define who you are. So, figure out what makes you happy

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Dr. Felix Veloso

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In my more than 40 years of providing neurologic care to the people of southern Saskatchewan, I have repeatedly heard similar frustrations and questions from worried patients and anxious relatives. *Stroke Prevention Naturally: Proven Non-Pharmaceutical Stroke Avoidance Strategies* is my modest effort to address their concerns.

My book reveals around a patient who enters the emergency room with an acute stroke that completely paralyzes his left side. I have three hours to administer the medication to dissolve the blood clot responsible for his stroke and thereby save him from the paralysis that is the number

one perpetrator of permanent disability and the second highest cause of mortality in the world. Injecting the blood thinner longer than three hours after the onset of his stroke symptoms puts the patient in grave risk of serious bleeding complications. While preparing the patient to receive the blood clot buster, I discover that his blood pressure was dangerously elevated and must be normalized first before I can safely infuse him with the blood thinner. The patient's wife then informs me that the reason for her husband's stroke-causing hypertension was that he had not been taking his anti-hypertensive medications as prescribed, partly because of perceived lack of efficacy and partly due to side-effects of the drugs. The wife then understandably asks: "What could he have done naturally that might have provided additional protection against stroke?"

My book provides recognized natural, healthy lifestyle strategies that can prevent up to 86 per-

STROKE PREVENTION NATURALLY



Illustrated by Marlene, Ed & A. King

cent of strokes (along with diabetes and heart attack).

Stroke Prevention Naturally: Proven Non-Pharmaceutical Stroke Avoidance Strategies is available at Chapters/Indigo book stores at \$18.98 per copy.



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ROCK 102 SHOW & SHINE CRUISE WEEKEND

Thousands of people came out to admire over 900 classic cars, motorcycles and trucks at the annual Rock 102 Show & Shine Cruise Weekend in downtown Saskatoon on Aug. 25. The temperature reached a sweltering 33 degrees Celsius during one of the hot weekends before school starts.

1. Tim and Nicole Orner
2. Jacob Thibodeau and his uncle Chris Thibodeau
3. Don Gillink, Ian Jensen and Megan Chien-Bowag
4. Anton and Andrei Kiselevich
5. Rita Abbott
6. Paul and Holly Dugan
7. Jet McKechnie
8. Jordan Inley, Ethan Sommerfeldt and Grayson Inley in the Formula SAE car '99
9. Many admired the classic cars and posed for photos
10. Freddie Blunt

BRIDGES PHOTOS BY MICHELLE BENO



ON THE SCENE



EVENTS

MUSIC

Wednesday, Aug. 28

Deen Cople Band
Buds on Broadway
817 Broadway Ave.

Thursday, Aug. 29

Soundwave
Cinco Restaurant and Lounge
40-227 Pinchase Dr.

Psyche Shell
Buds on Broadway
817 Broadway Ave.

Friday, Aug. 30

Small Kitchen Radio
Broadway Theatre
715 Broadway Ave.

The Nightmon
Buds on Broadway
817 Broadway Ave.

Bandwagon
Army & Navy Veterans Club
309 First Ave. North

Leon Ochs
Fairfield Senior Center
1031 Fairview Court

The Standards Trio
McNally Robinson
3030 Eighth St. East

**Kelley's Adventure w/ Hill-
lary Hunt & Amy Hill**
The Odessa Events Centre
240 Second Ave. South

The Seagulls
Amigos Cantina
632 10th St. East

ORKM 2 Empty
Star's Place
104-110 Ruth St. East

Saturday, Aug. 31

The Nightmon
Buds on Broadway
817 Broadway Ave.

Suede Imago

Nature's Light
3021 Louise St.

Phoenix
Downtown Loft
646 Spadina Court West

Bandwagon
Army & Navy Veterans Club
309 First Ave. North

Zelko Blazevic
McNally Robinson
3030 Eighth St. East

**Musikid w/ Stone, Aili
& Sid Dine Jones**
The Odessa Events Centre
240 Second Ave. South

Single Mothers w/ The Pops
Vergara Tavern
801 Broadway Ave.

Only Ladies w/ Boogie Bomb
Amigos Cantina
632 10th St. East

ORKM 2 Empty
Star's Place
104-110 Ruth St. East

ART

Musical Art Gallery
Until Sept. 15 at 900 Spadina
Court West. The Atomized
Evolution: Material (1961-
1980), featuring works by Jan-
Paul Rippele and Paul-Emile
Berthias. An Art of the Merry
of Light, by Jo Bonin.

Art of the Merry
of Light, by Jo Bonin.
Abstract. Altered States, fea-
turing works by Gae Fierman
and her mentor Iris Apple.
Deep Into the gallery for free
family fun every Sunday from
2 p.m. to 4 p.m.

**The Gallery, Princess Mar-
rison Library**
Until Aug. 29 at 3132nd
St. East. Aids of a Feather
by Karen Black-Thompson
explores the similarities of



Part of the Buffalo is one of the landscape watercolors by Prince Clarke on display at the Gallery on the Heights. (SAMANTHA HUNTER)

the human condition with the
natural world through animal
imagery.

Dunaway's Footwear
Until Aug. 31 at 250 Second
Ave. North. Works by Jacob
Pinkley. Footwear mixed
media asyle, on canvas
abstracts.

Perkridge Centre
Until Aug. 31 at 110 Dropper
Cres. Westmont & Friends
group show, featuring a
variety of mixed medium in a
variety of subjects.

Gallery on Third, Wetmore
Until Aug. 31 at 152 Third Ave.
West. Nordic Spirit of the
Tress. It features art about
trees in all their variety.

Gallery on the Bridges
Through August in the Atrium
at Saskatoon City Hall. Local
Landscape watercolours by
Patricia Clarke on the third
floor, landscapes and city-
scape by the sky tower on
the fourth floor and acrylics
and oils on canvas by Mia

Chabon on the sixth floor.

**Station Arts Centre, Ste-
thorn**
Through August at 101 Rail-
way Ave. in Rothham. Evolu-
tion of the imagination by Iris
Hauer.

**Manawan Valley Centre
Gallery**
Through August at 402 Third
Ave. South. The Four Seasons
At night's edge by Erin
Schuler. This show is a collec-
tion of impressionistic paint-
ings of the Manawan Valley
capturing the changing four
seasons.

Wetmore Library
Through August in Wetmore
Art with a Summer Theme.

Digital Gaze
Until Sept. 2 at Station 20
West Community Centre, 120
20th St. West. An outreach
media project that took place
at Paved Arts in July. Seven
aboriginal youth, working with
artist Al Arund, created
photography based work that

deals with personal history
and urban living.

**Westman Development
Museum**
Until Sept. 2 at 2010 Lorne
Ave. South. Love It or Hate It
by Kim Adams. The sculpture exhibit
playfully reimagines everyday
materials, from machinery
to pin balls, into modern art
pieces. The exhibit also features
transformed into fictional worlds
and imaginary landscapes. It
is presented in collaboration
with the Museum of the Kaslo-
ton Public School Board.

**Ukrainian Museum of
Ceramics**
Until Sept. 2 at 910 Spadina
Court West. Ceramics from
the Collection. It features an
eclectic mix of fine and folk
art, textiles, apparel,
woodwork, collage and
mixed media works from the
museum's collection.

Gordon Douglass Gallery
Until Sept. 6 at 191 Mur-
ray Building, 101 St. Home is
Where the Heart is by Michelle
Mullany. With residents of

The YWCA Saskatoon Crisis
Shelter. A reception will be
held Sept. 6 from 7 p.m. to 10
p.m.

The Gallery Art Placement
Until Sept. 12 at 238 Third Ave.
South. Summer Harvest, new
works by gallery artists. Fea-
turing new works by Robert
Christie, Louise Cook, Terry
Fennell, Catherine Forbes, Greg
Hendy, Chris Hunter, Staph
Kowchuk, Rebecca Penfold
and William Penfold.

David Arts
Sept. 12 to Oct. 19 at 424 20th
St. West. Outer Space. Works
on the human imagination as
it is projected into outer space
by Jacqueline Hout Nguyen
and Ron Park. An opening
reception will be held Sept. 12
at 8 p.m. An artists' talk will
be held Sept. 14 at 2 p.m.

Centre West Gallery
Until Sept. 15 at The Centre.
A show by Showers of the
Arts winners, a display by
Ukrainian in the Park Festival,
a display by Bob Johnson and
Colin Chertoff, a display by
Imagery, work by Sidney Din-
widdie, work by Susan McCrea
and displays from the Kaslo-
ton Public School Board.

BCVAT Gallery
Until Sept. 31 at 250 Third
Ave. South. We Need Creati-
vity: 2012. The fourth annual
exhibit showcases a variety
of urban-style work from
numerous artists. A reception,
featuring live music and door
prizes, will be held Sept. 21
from 2 p.m. to 9 p.m.

**Station Arts Centre, Ste-
thorn**
Until Sept. 28, Tuesday to
Saturdays, 9 a.m. to 4 p.m.,
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artists. The show in-
cludes Sept. 28 with Culture
Days demonstrations by ar-
tists and artisans.

What you need to know to plan your week.

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Affinity Gallery

Until Sept. 29 at 810 Broadway Ave., Two Perspectives, Painter Kane's Hedges and screens artist Mel Sakin interpret and discuss the powerful landscapes of Saskatchewan through paint, canvas, clay and glass.

Sensory Pleasures

Until Sept. 30 at JVS-Consolidated, The Saskatchewan Landscapes, paintings by Jay Mendel

Bridge City Artists

Through September at Parkdowntown Art in the Centre. The artists use a variety of mediums and subjects.

Black Barrow Gallery

Open through September at Northside Antiques on Highway 2.

Defender Canada Centre

Through December at 101 Defender (N. Touch) in the Sky. The story of Aero Canada. This in-house produced exhibit encourages visitors to look beyond the wilderness, travelling the Aero Arise, and focuses on the history and accomplishments of Aero Canada.

SPECIAL EVENTS

Saskatoon Summer POPS

Aug. 29, 7 p.m. to 8 p.m., at Third Avenue Centre, 304 Third Ave. North. Last Night of the Pops. Featuring Pops Star Quartet. Visit www.thirdavecentre.org.

Kale's Adventure

Aug. 30, 7 p.m., at The Odeon Events Centre. An evening of music and dance. Featuring Hillary Shave and Jimmy Williams. Jimmy Williams performed Johnny and Kyle Williams. Funds raised will help Kale, who has acute lymphoblastic leukemia, to fulfill a



Grab the Pops! Jump Pops! to Pops! this weekend at River Landing, Astoria Hotel and the Astoria Arts Centre. *Paul Phelan*

dream and wish a Toronto Maple Leafs hockey game, visit the NHL Hall of Fame and enjoy a day at Canada's Theme Park. This is a 19+ event.

PotluckCorp Potluck Fests

Aug. 30-31, 5 p.m. to 10 p.m., at River Landing, Rotary Parkland and the Rental Arts Centre. Entertainment, vendors, kids' activities, fun run, and fireworks shows choreographed to music.

Beetle & Selva Workshops

Aug. 30, 10:30 a.m. to 6 p.m., at Saskatoon Field House, 2032 College Dr. A fundraiser to help cover some of the cost income for this year's conference. Workshops

include Saskatoon for absolute beginners, a class for absolute beginners, intermediate, and advanced, and income development. Register in advance. Call 306-451-9555.

Saskatoon Gifts to Grandmothers

Aug. 31 and Sept. 1, 8 a.m. to 2 p.m., at the Saskatoon Farmers Market. Setting local handmade tables, trinkets and wheelchair rentals, raising funds to assist African grandmothers in caring for their orphaned grandchildren due to the HIV/AIDS pandemic. Financial donations will also be accepted. For information call 306-373-0714.

Weekend's new music exhibit: There's a new 15-minute film 1 p.m. to 7

p.m. daily, at 2226 Herman Ave. A life-size replica of the wilderness temple built by Moses and the Israelites 4300 years ago. Discover what the temple services meant to ancient Israel, and what they mean for us today. For information visit www.saskatoonsculpture.com or call 306-654-3564.

Open House and Music in the Garden

Sept. 1, 1 p.m. to 4:30 p.m., at the Moss Residence, 328-118 St. East. Tour the house and enjoy an afternoon of student music in the garden.

Memorial event Fair

Sept. 2, 10 a.m. to 4:30 p.m., at the May Residence, 328-118 St. East. To live the tradition of a pioneer harvest fair. With demonstrations of heritage crafts, treats to sample and contests for best jams, jellies, pickles, flowers, garden produce, baking and handicrafts. This is a partnership program with the Menasha Valley Authority.

Maurice Desrosiers the Prairie Fly

Sept. 3 and Sept. 4, 6 p.m. to 9 p.m., on the Prairie Fly. Free buffet, food and dinner with Maurice Desrosiers and Valerie. By reservation only. Visit www.theprairiefly.com or call 306-555-5455.

Autism Nights 2013

Sept. 4, show at 7 p.m., open bar at 9 p.m. at River-Dan-Auditorium, located 1 km south of Highway 16 and Esquich Drive intersection. Everyone is welcome to attend the annual show and celebration of River-Dan's beautiful Autism. Come and see Canada's National champions and the new looks presented. Year the bests after the show at this family-friendly event. Autism Nights is free to attend, please RSVP to:

spc@riverdancanoe.com or 306-241-1199 by Aug. 31.

Overton-Cancer trials of Hope

Sept. 6, 9 a.m. registration, 10 a.m. walk, at Menasha Valley Park. Walk a 2.5 km and a 5 km walk, post-walk entertainment and children's activities. To register online visit overtoncancerwalkofhope.ca.

THEATRE

Chapel the Musical

Until Sept. 1, 7:30 p.m. Thursday in Selkirk and 2 p.m. Sunday, at The Barn Playhouse. An old-fashioned variety show with a twist. Its folk and American singing society. The story is told for a special broadcast on the BBC in London. Out of desperation, producers grab whoever they can and shove them on stage.

SPORTS

Weekly Summer Basketball Camps, Leagues and Tournaments

Runs to Aug. 29 in Saskatoon. Organized by Young Athlete Saskatchewan. Camps are held daily by retired teacher and school principal Dennis Hall. For youth aged eight to 18 of all levels of athletic ability and experience. Visit www.ya.ca, call 306-6-362-3625 or email rhall@ya.ca.

Thoroughbred Racing

Aug. 30-31, 7 p.m. to 12 p.m., at Auto Clearing Motor Speedway. With jockeys from Trinidad and Jamaica.

Delicia Dances Series (Super Late Model)

Aug. 30-31, 7 p.m. to 12 p.m., at Auto Clearing Motor Speedway. Divisions competing include Western Canadian Super Late Model Championship Series, Stock Legends, Pro Trucks and Sportsman.



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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to bradpa@cheswexphone.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Kasehan Irwin. Thanks to everyone who submitted entries!



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ASK ELLIE

Wife's cleaning habits not sweeping husband off his feet

Q I'm a well-earning software developer (58K annually). She's a former teacher, now a housewife (60K annually).

I love her like she loves me. We have two beautiful children, hoping for more. She's taking care of the kids and takes two days weekly when we have a baby-sitter.

Twice a night to put the little one to bed. I play with the kids 6 a.m. to 7 a.m. until my wife wakes up. The older child goes to daycare five days weekly.

Evenings, she bathes them, I've therefore a look and to it bathing.

I like a clean apartment. I start the dishwasher and washing machine at 7 a.m. I don't think it's not hard?

My issue is with my wife's clean my beliefs. Kids often drop food on the floor but she never cleans it. That leads in all corners of our rooms are less I mention she never does it. If I'm too busy with work to load the dishwasher and washing machine, it's never done.

And she almost never mows the

Ask Ellie



washed laundry to the dryer. When I don't do these chores, plates and clothes went unwashed for four days.

She says I shouldn't even comment because she's the one watching the kids most of the day.

When they're in bed, she watches TV rather than ever vacuum or wash the floor.

I do agree that she puts up a full day's work watching the kids while I'm at work.

Should I just silently do everything she dislikes doing? What kind of example will this be for the kids?

Unwed at Home:

A The best family model is one with loving parents who figure out how to

problem solve jointly.

Burn, cleaning matters expected by divorce lawyers and health care officials. But being realistic can bridge the divide.

Problems: You love each other plus not having more children, your wife's not attentive to cleaning up, and it bothers you to do it all.

Solution: Have once-weekly clean-out. Or about 30-35 a day depending where you live, which apparently you can afford. If it releases concerns about say smelly dirt-dust buildup, and cover a couple of days' worth of laundry. Go for what works for you both rather than keep a balance sheet. You're both doing good, important work for your family.

Q During six months of dating, we have an extremely positive and intimate relationship. I love these hours every day both have kept school and the distance makes our limited time together more special.

Recently I brought him home to meet my family and was extremely

disappointed with their response — his mom, but you can do better!

True, he is so typical. A type boy friend with a big tall build, but he's extremely caring with a very kind demeanor.

I'm only 30, so know there are others out there, but should I give up on him just because my family can't fully connect?

Disappointed:

A It's an approach some parents may quickly employ with older children believing they're helping you being straight up negative.

It still looks like criticism. But don't let that make you overreact.

Really stuff off and enjoy the relationship. You're clearly aware that at 30 doing this guy doesn't necessarily mean that he's The One. The distance makes it "special" but also prevents you both from knowing if this will become long-term. If your parents to also not overreact. It's still early days on dating someone you can only see on limited time.

Q My fiancé (20 years together) and I live in our life. But his poor hygiene is preventing my saying "I do."

He rarely washes his teeth, and only for 30 seconds before sleep. He cuts and chews gum all day.

He also "picks" and "digs" his nose. It's making me nauseous. I passed him kisses, placed a kiss beside him, but no change.

Our life: He has dwarfed. I can't see beyond his disgusting habit and bad breath.

I have him but rather than stops or there's no wedding.

Hygiene:

A Neither of you are "helpless." He CAN change such habits, voluntarily or with behavior therapy.

Spoke up and say that his persistent unhygienic habits disgust you, his breath's foul, and you can't stand having sex with him, due to these reasons.

If he remains change, you're free and entitled to end the relationship. Why would you stay when you're so uncomfortable and turned off?



Next week in BRIDGES

There are many reasons to honour professor and community activist Dr. Jawahar Kalra

SHARP EATS

#HEALTHY LUNCHES

Lunchtime favourites get a makeover

By Jenn Sharp

School is starting and it's the same old story — what to pack in the kids' lunch boxes? You want them to eat healthy, but you know they won't touch any of it if it looks too weird. There are ways to sneak in extra healthy alternatives that it also helps to get your children on board. Ask them to help prepare their lunches. Explain why certain foods are better for their bodies than others. Once they're involved, they'll be that much happier to eat what they're packed.

Another hurdle when packing the lunch box is that many schools don't allow any type of nut product on the property if your child has a nut allergy, you're already diagnosed yourself or on what he can eat. For everyone else — I did you a favour and swapped a peanut butter alternative made from toasted, non-GMO soy beans — called, Wowbutter. Along with coming from a 100 per cent nut-free facility, it's also gluten-free.

Wowbutter works just like peanut butter and tastes pretty darn similar too. It has a slight aftertaste, but not enough to dissuade me from eating it again. The nutritional content (and price) is similar to peanut butter.

Read on for some healthy remedies of old lunchtime staples. It's all nutritious and your kids will gobble it up, or they'll trade with a buddy, either way, mine can't live with it being healthy right?

BRIDGES PHOTOS
BY MICHELLE BERG



INSTEAD OF: PB&J on white bread
TRY: Banana, Wowbutter and honey on a whole wheat wrap
Substitute Wowbutter for the peanut butter and banana for the sugar and jelly. The banana adds potassium, the Wowbutter protein for a high energy kick to take them through the afternoon. Adding a little honey offsets Wowbutter's slight aftertaste. The wrap (more fun to eat than a sandwich) has more fibre than white bread to help them stay full.



INSTEAD OF: Tuna or chicken salad with mayo

TRY: Guacamole

Not every kid will eat guacamole, but most will if it's a mild matured paste with their favourite meat on a sandwich. Mayo doesn't offer a whole lot in the name of nutrition but avocados are full of healthy fats and fibre. They're also a great source of lutein, which helps protect against eye disease.

See a food trend you think deserves a highlight in Bridges?
Email bridges@thestarphoenix.com
or visit Bridges on Facebook.



INSTEAD OF: Ants on a Log with Cheese Whiz

TRY: Laughing Cow cheese

Cheese Whiz loaded with salt and saturated fat is one step away from eating plastic. And there hasn't been actual cheese in it for years.



INSTEAD OF: Carrots with Ranch dip

TRY: Greek yogurt and an apple

Add a little lemon juice and perhaps a little basil to Greek yogurt for a creamier packed alternative to high fat and nutritionally lacking Ranch dressing (many brands also contain MSG). Kids love dipping — provide them a healthy alternative and they'll be just as happy.



INSTEAD OF: Sweets for dessert

TRY: Cut fruit with yogurt dip

Add honey, cinnamon and if you're feeling fancy almond extract to vanilla yogurt.

Right or wrong, people make a judgment on what you are based on what you wear, especially a first impression.
— Elena Grant

SETTING SCHOOL STYLE BOUNDARIES

Encourage students to wear age-appropriate attire

By Lauren La Rose

TORONTO — Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teens' ensemble isn't too revealing.

"She's got to tuck up her pants, and if her shirt comes up above her belly, she's got to put a cardigan on or tuck it up."

An owner of online tween clothing boutique *Stashaboo* — which also operates a retail store in North York — Grant makes an effort to carry age-appropriate clothes and to offer alternatives to more suggestive or revealing items targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh and Ben.

"She wants the challenge to be in finding pieces that have the look of what a current kid that's out appropriately for their bodies and nothing that's going to be too sophisticated or too sexy. We don't want 13-year-olds looking sexy."

While the 30s, athleisure look is in vogue, Grant said she aims to stay away from such revealing features. She'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with water stains to wash to "get a lot of the look without going overboard."

Grant said she has engaged in a lot of dialogue with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"When though you think the polar cut little cut-off jeans shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing on your belly is showing?"

"Right or wrong, people make a judgment on what you are based on what you wear, especially by a first impression. Now that she's older she understands it a bit more."

It's not just a matter of covering kids away from belly-bugging, skin-baring or saggy attire; there's also means potential headaches for parents. It's also dealing with teens' march toward teenagers' which some critics say perpetuates antiquated gender or sexual stereotypes.

In 2011, a girl's shirt bearing the slogan "Too too pretty to do homework so my brother has to do it for me" was pulled by C.J. Perry after a female teacher and the writer issued an apology. Earlier this month, The Children's Place



Sofia Grant said she likes to be a fashionista, but doesn't like to wear anything too revealing. Photo by Graham, courtesy of GAVANAH PRESS

spoke about a Facebook post to those offended by its "My Best Friend's" shirt, which was also removed from sale.

The girl's best friend checked out to the words "hopping," "man" and "dancing" among the list of vulgarities. Meanwhile, the corresponding best friend to "hush" was left on shelves with the slogan "Well, Nobody's Perfect" removed underneath.

Toronto-based family therapist Jennifer Kilarik said parents may be inclined to make certain compromises with their children over fashion choices, such as a pair of overalls they may want to wear or sporting a skirt over an outfit to make it more appropriate. She said if a child "perfectly OK" to tell their child the clothing they want is unavailable or too advanced for their age.

"I don't think we're doing a good enough job as parents protecting childhood. It's that. It's the line," said Kilarik, a mother of three and founder of Connected Parenting.

"Kids are already doing teenage things and acting like teenagers at nine, which is heart-

breaking because you're still a little kid at nine. You should be innocent, running in your shorts, getting ready and having a great time at nine."

Kilarik acknowledged that once youngsters reach their later teens, parents can't sit on their hands over clothing in the same manner as they did when children were younger. This is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the message or look they want to portray through their dress, she noted.

"The closer you are to your teenage, the more they're going to value your opinion," she said. "Knowing that it upsets you to wear something might be the reason that they say 'OK, I'll put a sweater on.'"

"The more you start these patterns now, the more you're going to raise mindful, independent thinkers who go 'I see how? I do I do I have to wear that just because everyone else does.'"

Nancy Deaton, trend director for children's wear for Sears Canada, said it can be tough to

encourage younger children to wear age-appropriate apparel when they see fashion items the racks that older kids are wearing.

She suggested drawing on style elements of a favourite tween or teen role model that kids can incorporate into their outfit like ringer-style hooded boots or a graphic T-shirt.

"That's a way of adding a bit of Hollywood or rock star style without incurring a huge amount of expense."

Deaton said another way to emulate the star look without being provocative or inappropriate is allowing children to show their individual style. Pop star Katy Perry and tween phenom Willow Smith are known for stepping out sporting eye-popping hats, and kids can easily follow suit by mixing and matching their favourite colours or prints.

"I think fashion is an expression of art and individuality and creativity," she said. "If they want to wear two colours that clash I say go for it. As long as it's warm, it's age-appropriate and they feel good in it, I think that's great."

net@toronto.com

WINE WORLD

#LUCKY PENNY

Try this Australian wine for its fabulous finish

By James Romanow

I think white blends are just getting better and better. I have a theory that the exposure for a decade or two to the rigour of single varietal wines combined with some drinking of traditional Old World wines, has meant that the vintners have needed out how to make wines for drinking or appeal to selling to Italian areas that used to import goods.

Meet Lucky Penny White. The Australians have spent a half-century half hours practicing over these slow state back to normality. At one point a decade back they made up to a quarter of all wines sold in Canada, and not far behind that in the United States. Also, they now only produce about one-fifth of the world's wine, and that percentage will drop as the three-state factors.

In any event, I picked up this well produced white the other day. The label implies pear and peach, and I assumed it would be a pleasant blend. I was very pleasantly surprised by the contents of my glass. So much so that instead of spending the afternoon applying tongue to glass and fingers to keyboard, I wandered off into the park to continue plot the clouds and life in general.

The wine does deliver the flowers promised by the label, but it does a great deal better than the label implies. The sun is a simple wine of all



It has a great crisp acidity, a lovely softness to the fruit, and a fabulous intriguing finish that will make all the business on the crowd sit up and pay attention.

If you like Chardonnay or Viognier, buy a bottle of Lucky Penny and check it out.

Lucky Penny White, Australia. \$10.99
Also on wine-ohana on Monday Try
@idobase on Twitter

Crossword/Sudoku answers

1	E	R	N		P	S	A		S	P	A
2	R	E	A	N	D	E	P	P	T	A	R
3	S	O	S	I	E	O	P	E	R	A	R
4											
5	M	A	N		U	S	E		K	R	I
6	T	R	A	P		K	A	R	I	O	
7	E	A	S	H		I	L	L		O	R
8	A	S	T	O		O	D	E	S		O
9	S	T	I	O		U	F	O		S	T
10	A	L	E	X		D	E	N	S		S
11	K	A	R	I		E	A	N	T		L
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1	8	7	5	9	2	4	3	6
2	6	2	9	3	7	4	5	8
3	4	5	3	8	6	1	7	9
4	2	9	1	7	5	3	8	6
5	7	4	8	2	1	6	3	5
6	5	3	6	9	4	8	2	1
7	8	1	5	6	2	7	9	4
8	9	7	4	1	3	5	6	2
9	3	6	2	4	8	9	1	7

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September 8
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